# **Fundamental Foods Mrs. Anderson-Weigandt**

# **Fall 2017 Dearborn High School**

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# **Course Description**

# This fundamental food course introduces students to the importance of food in contemporary times. The basic techniques of preparation are covered for the current food patterns in our country with emphasis on timesaving techniques and nutritional value. Teamwork skills will also be developed. As the teacher introduces the basic skills the student will develop lifelong culinary skills.

# **Course Objectives**

1. Lab Preparation
	1. Safety and Sanitation
	2. Measurement/Kitchen Math
	3. Terms and Equipment
	4. Menu Planning
	5. Etiquette
2. Food Preparation

a) Quick Breads

b) a roux – a mother sauce Soup/Casseroles

c) Vegetables and Fruits

d) Protein Foods-Egg cookery

e) American Regional Foods

1. Nutrition Basics & choosemyplate.gov

**Grading Procedure**

Your grade will be based on the following components:

 **Beginning of Class readiness, Folder, Class work, & Workplace Professionalism** Formative = 20%

**Labs, Projects, (Qu)Tests, Workplace Productivity, & Group Collaboration**

(Includes but is not limited to: peer-assistance, presence, active engagement)

 Summative = 80%

**Grading Scale:**

A 100-93

A- 92-90

B+ 89-87

B 86-83

B- 82-80

C+ 79-77

C 76-73

C- 72-70

D+ 69-67

D 66-63

D- 62-60

E 59-0

**Blog—for Foods**

<http://iblog.dearbornschools.org/anderson/>

please sign up

**Classroom guidelines, rules and procedures**

To be successful in this class you will need to be prepared and have a good attitude. Supplies that are highly recommended: pen and/or pencil, paper, a 3-ring binder, and 5 dividers. We will focus on organization, preparation, technique and presentation in and out of the food lab. I can provide extra help to you after school or if time permits during class.

Our textbooks, *Guide to Good Foods* and *Food Science*, will be used in class only. If you miss a day when the textbook is used you will need to make arrangements to check out a textbook upon your return to class.

If a test is missed you will be expected to make arrangements to make it up after school. If the test is not taken within a week a zero will be the result. This also applies to daily assignments. If you are absent for one day you have one day to make up that assignment. If you are absent two days you have two days to make up both of the assignments missed, and so on. The only exception is with a food lab where if absent you will have one week and must follow the guidelines for food lab absence make up.

-The “DHS Student Code of Conduct” is always in effect in this classroom.

-Hall passes will only be issued if there is an emergency and you must have your OWN planner.

-Be in the classroom in your seat prior to the bell ringing or you are tardy.

-Cheating or copying other students work will not be tolerated. The use of electronic devices is also prohibited. Any of the above will result in a zero for the given assignment. This is a consequence and the choice is up to you.

-The use of a cell phone in any capacity will not be tolerated and construed as cheating if out during a test.

-Students safety is our first priority therefore it is of the utmost important that students follow all written and verbal directions and rules.

-Be prepared and on time for class

-Students are expected to participate in classroom activities

-Treat others with courtesy and respect, and respect the property of others

***Contract for phones- Teaching responsibility. I -- understand that using my phone/iPad/iPod/ is in no way enhancing my learning environment while in class. I promise not to use my phone. Unless under very strict, special circumstances in which Mrs Anderson directs me to do so. I understand the consequences will be (1) phone being taken for the hour (2) phone being taken for the rest of the day (3) phone being turned into the office. \*\*Parents please beware that often the most common excuse I have experienced in class is that a student says but I have to answer my phone it's my mom/dad***

\*\*By following the above this will ensure a good learning environment for all students.

**Consequences:** one on one warning, phone call home, office referral

**I have read and understand the contents of this syllabus. I will keep this syllabus in my foods notebook throughout the school year and refer to it as necessary.**

Student Print: Name: Student Signature:

Parent/Guardian Print Name: Parent/Guardian Signature:

Parent Phone Number: